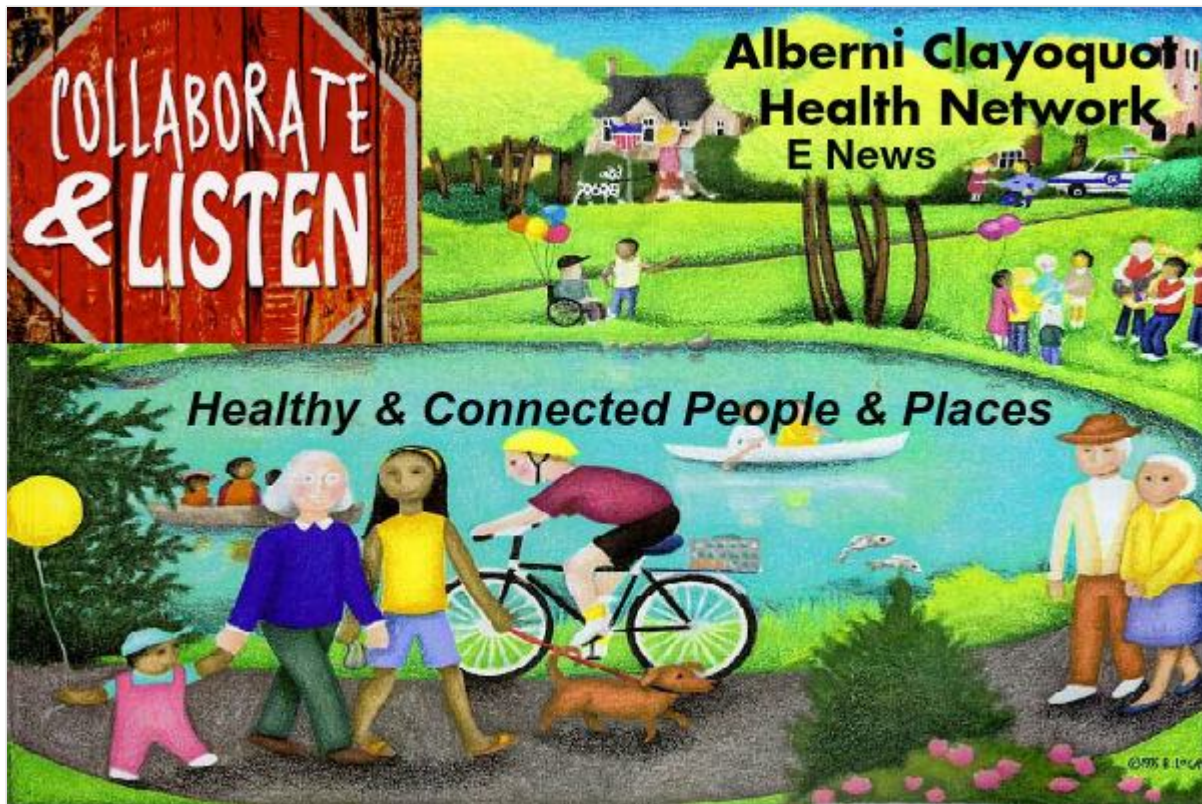


[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)

Send us your news and we will share it! Forward any newsy items to tanisd@live.ca



Alberni Clayoquot Health Network E News Oct. / Nov. 2013

"Healthy & Connected People & Places"

Apologies for Cross Postings! Please share!

**ACHN E-News: Upcoming Events, Resources,
Funding Opportunities & More!**

Help us Share this E-News!

Kindly forward this e-news to any groups or individuals who might find this information useful. A lot of time and energy goes into creating this resource and we would like it shared widely as possible. Conversely - if you have news to share please send to: tanisd@live.ca

Mark Your Calendars! ACHN Next Meeting: Thursday Nov. 21st, 2013

[Subscribe](#)
[Share](#)
[Past Issues](#)

The next meeting of the Alberni Clayoquot Health Network is Thursday **November 21st, 2013, 9 to noon** at the ACRD Board Room. All are always welcome. Come out to hear about **Island Health's** new strategic plan as well as the progress of the Health Network.

Transportation Initiative Update:

The ACHN has created a new partnership with VIU's BC Regional Innovation Chair in Tourism and Sustainable Rural Development and the 'Sociable Scientists' to conduct a baseline study and community engagement strategy regarding the current state of transportation options in the region.

ACHN New Working Group Formed!

The following members of the ACHN Planning Group have volunteered to join a 'Working Group' to examine the governing structure, strategic plan and other work and priorities of the ACHN. Thanks to: Marcie Dewitt, David Peterson, Peter Klaver, Rebecca Hurwitz, Esther Pace, Julie Rushton, Kathy Waddell, Penny Cote, Ellen Brown, Eric Geall, Patty Edwards & Adriane Schroeder! Stay tuned for updates as this group gets down to 'work' to help make the Alberni Clayoquot Health Network a more effective mechanism for helping to create a healthier region.

Age Friendly Alberni Online Survey

How Age-Friendly do you think the Alberni Valley is? Tell the Age-Friendly Project Team what you think and enter to win either an ipad or a month of dinner out!

<http://fluidsurveys.com/s/AgeFriendlyAlberniValley/>

UBCM Resolutions Re: True Cost of Living

At the Union of BC Municipalities Convention in September delegates supported a resolution to request that the provincial and federal governments increase social assistance rates to a level that reflects the true cost of living in our country. As well delegates supported a resolution to ensure food security for all British Columbians by urging the provincial government to implement adequate and accessible income support for the non-employed and improve the earnings of those in the low-wage workforce. Way to go delegates!

Events & Opportunities:

The Heart-Mind Index - Review of Community results. Tuesday, November 5th, 7:00-9:00pm North Island College Room S-108

The Heart-Mind Index celebrates the range of social and emotional strengths that help our children to be engaged and flourish in their lives. Join us to explore local research that shines a light on the Heart-Mind well-being of children. 2 hour Professional Development certificates provided to those that require them. Please RSVP to

Free Internet Safety Presentation for Parents: Thursday, November 7 from 7:00 – 9:00 at the ADSS Theatre.

Presentation by Darren Laur of Personal Protection Systems. Research has shown that without good digital literacy education it becomes more challenging for students to make the right on-line choices. Teachers, principals, parents & law enforcement agree that this program is the best they have heard on the topic of Internet and Social Media Safety. Not suitable for those under 13.

BC Community Achievement Awards

Anyone can recognize contributions by volunteers or people for their work in any field: sports and recreation, arts and culture, multiculturalism, the environment, civic duty or community volunteerism are just a few possibilities. We stress that their achievements and contributions can be in the course of their employment. Nomination forms at www.bcachievement.com or by calling 866-882-6088 toll-free. Award winners are honoured at a ceremony next spring at Government House in Victoria. Deadline November 15, 2013

Patient Voices Network

The Patient Voices Network is a community of BC patients, families, caregivers, and others who wish to use their experiences for positive change to the health care system. Join over 1000 patients, family members and caregivers who are applying their experiences toward positive change to the health care system. Complete an online application form, attend an orientation session (we will hopefully have one next year in Port Alberni) and then volunteer your voice at upcoming opportunities!
<https://www.patientvoices.ca/get-involved>

BC's Non-Profit Housing Conference, November 18-20,2013 Sheraton Vancouver Airport Hotel, Richmond BC

Get ready for three full days of learning, sharing and networking with colleagues from across the province. Upgrade your skills, learn better ways of working and collaborating, hear about the latest research, share your challenges and successes, and be inspired by new ideas, innovative programs, and on the ground case studies. Includes a symposium on Wednesday, November 20th focused on exploring the connection between social housing and food security. Bursaries available to help staff and volunteers from small non-profit housing societies, students, and young professionals attend the conference. More info at: <http://conference.bcnpha.ca/>

Cities Fit for Children Conference, November 21 -22, 2013, Sheraton Guildford Hotel, Surrey

Subscribe	Share ▼	Past Issues	Trans
<p>The Conference will bring together local, municipal, and regional leaders involved in policy decisions and designing and building safe, healthy communities for children and families.</p>			
<p>This is a great opportunity to engage with municipalities, non-profits, recreation programmers, social and community planning, early childhood practitioners, youth workers, engineers, and policy makers. The theme for this year's conference will be the Rights of the Child, and will include workshops on healthy built environments, programs and services, and meaningful civic engagement. There will be a keynote panel each day, including Kerry Constabile, an international representative from UNICEF, Surrey Mayor Dianne Watts, and Dr. Trevor Hancock. More info: http://www.surrey.ca/culture-recreation/13780.aspx</p>			
<p><u>Tools for Change Workshop Series at VIU</u></p>			
<p>A new series of workshops devoted to connecting and building connections between community, government and business and providing new tools to ignite community-wide collaboration for wellbeing and positive change. Workshop topics include: Processes For Change; Storytelling For Change; Graphic Facilitation; The Art Of Mapping Assets; Transformative Media; Understanding & Using First Nations Protocols, Intro to the Art of Hosting, and Remodelling Community Development. Check out the VIU Community Extension & Contract Services Calendar at: http://www.cc.viu.ca/ce/BrochF13.pdf</p>			
<p><u>Deryck Thomson Award</u></p>			
<p>This award was established by the Social Planning and Research Council of BC to recognize individuals and organizations which have made a significant contribution to advancing social planning and social justice in BC. This award is intended to support local efforts in advancing positive policy change through integrated planning, social development and social engagement and is open to individuals and organizations who share our values and commitment to working with communities to build a just and healthy society for all. http://www.sparc.bc.ca/ Deadline December 1st</p>			
<p><u>PeerNetBC Workshops</u></p>			
<p>PeerNetBC workshops are a great opportunity to learn some new facilitation skills or build upon what you already know and share your skills with others. PeerNet operates on a pay as you can philosophy; we offer financial barrier free workshops. Contact: 604-733-6186. http://www.peernetbc.com/workshops Upcoming topics/ dates: Nov 2 Exploring Facilitation Skills; Nov, 7 Boundaries & Self Care; Nov 16, Communication Fundamentals; Nov 23, Leveling Power Imbalances; Nov 26, Community Engagement</p>			
<p><u>Building Sustainable Communities Conference - Kelowna, November 25-28, 2013</u></p>			
<p>This is a popular conference that draws up to 600 delegates from government, business, NGOs, and academia, along with students and members of the general public to learn from each other about accelerating the move toward more vibrant and resilient communities. Innovative and interactive opportunities for information-sharing amongst</p>			

sponsors, speakers, delegates, and exhibitors will be peppered with social and cultural activities to guarantee more meaningful and memorable outcomes.all sectors to celebrate

the move toward social, cultural, environmental, and economic well-being. Information-sharing among sponsors, speakers, delegates, and trade show participants is interspersed with social and cultural activities to ensure meaningful and memorable outcomes. Website: <http://freshoutlookfoundation.org/events/2013bsc/>

The Early Years Conference: Thursday, January 30 - Sunday, February 2, 2014

This conference will explore the complex nature of the social, physical and biological environments that shape children's development. Multiple elements interact to create dynamic contexts that contribute significantly to early and lifelong wellbeing. Similarly, children influence their environments to shape their developmental paths. All of these factors matter. This conference will be of interest to all those who work with young children and/or families. <http://www.interprofessional.ubc.ca/EarlyYears2014/>

Resources:

Plan H Website Launched!

The PlanH program supports local government engagement and partnerships across sectors for creating healthier communities through learning, connecting & innovating on 3 key themes: healthy people, healthy society & healthy environments. Recognizing that community policy, plans, and decisions affect health and well-being, PlanH provides learning opportunities, resources, and leading-edge practices for collaborative local action. PlanH is a partnership between BC Healthy Communities Society and Healthy Families BC, and is informed by health authorities and other key stakeholders. Find tools & resources here: <http://planh.ca/>

What is Comprehensive School Health (CSH)?

CSH is an internationally recognized framework for supporting improvements in students; educational outcomes while addressing school health in a planned, integrated and holistic way. The CSH framework helps educators, health practitioners, school staff, students and others to work together to create an environment that makes their school the best place possible to learn, work and play. It is important to recognize that CSH does not require more work; it is just a way of working that becomes everyday practice. Website:

<http://www.healthyschoolsbc.ca/default.aspx>

- recognizes that healthy young people learn better and achieve more;
- understands that schools can directly influence students' health and behaviours;
- encourages healthy lifestyle choices, and promotes students' health and well-being;
- incorporates health into all aspects of school and learning, acknowledging that health is
- more than just the absence of illness;

Subscribe • links health and education issues and systems; and, needs the participation and support of families and the community at large.

Trans

R Life Website: Youth Resiliency

RLife focuses on providing training and support for service agencies, individuals, communities and in schools to build knowledge about the building blocks of resilience. We have a comprehensive curriculum and toolkit available on-line and in workshop format. We are also developing on-line training resources for use as self-paced learning. Our project was developed with a prevention focus intended to reduce dependence on drugs and alcohol during stressful times and improve overall mental health. See: <http://rlifeproject.ca>

Grandparents Raising Grandchildren Support Line

Help for grandparents and other relatives raising a family members child. Toll free line Mon, Tues, Thurs, Fridays from 11am to 3pm 1-855-474-9777 or email: grgline@parentsupportbc.ca For more info about programs call: 250.468.9658

Online Chronic Disease Self-Management Program

The Online Chronic Disease Self-Management Program is a fun and practical online workshop which can help people with chronic conditions overcome daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies and techniques so they will have the tools they need to help themselves. The program is FREE for BC residents with all levels of computer skills, who are experiencing chronic conditions. Caregivers, friends and family members. <http://www.selfmanagementbc.ca/onlinechronicdiseaseprogram>

Tobacco Free Tuesdays!

The first Tuesday of every month is Tobacco Free Tuesday. Take the pledge and enter to win prizes. www.tobaccofreetuesdays.com

Shapedown BC Program

10 week program designed for children/adolescents between 6-16 with a BMI (Body Mass Index) greater than 95%. Physician referral is required and at least one parent/ guardian must attend the twice weekly sessions with their child. Contact the Central Island Healthy Weights Program in Nanaimo at 250.755-7955 for more info.

Funding Opportunities:

Call for Proposals: Demonstration Projects to Improve Social Inclusion Outcomes of PWD Clients

The BC Coalition of People with Disabilities (BCCPD), CMHA-BC Division, Inclusion BC and SPARC BC are working with the Ministry of Social Development and Social

Subscribe	Share ▼	Past Issues	Trans
<p>Innovation to facilitate the development of community based demonstration projects that result in improved social inclusion outcomes for people with disabilities who have the</p>			
<p>Ministry's Persons with Disabilities (PWD) designation and are in receipt of disability assistance (PWD recipients). This Call for Proposals is an invitation for BC-based community organizations to apply for funding for projects that result in the increased participation and social inclusion of PWD recipients. More info on the Sparc BC website: http://www.sparc.bc.ca/component/content/article/408</p>			
<p><u>Children's Health Foundation of Vancouver Island Grants</u></p>			
<p>Children's Health Foundation of Vancouver Island makes grants to agencies that support the physical, emotional and social well-being of children and youth in need and their families on Vancouver Island and the Gulf Islands. We provide funding so that agencies can focus their resources on what they do best: improving the lives of children and youth. Review the Guidelines for Grants to determine whether your organization's project matches our funding interests. The granting period will end December 6, 2013 at 4:00 p.m. See: http://childrenshealthvi.org/apply-funding/apply-grants</p>			
<p><u>New Horizons for Seniors - Call for Proposals for Pilot Projects</u></p>			
<p>Employment & Social Development Canada has a call for proposals to support 20 new pilot projects that target senior's social isolation and to pursue intergenerational learning projects. Grants of between \$50,000 and \$100,000 over a maximum of 24 months are available. Application period will open on Oct 3rd and close on Nov 13 2013. More info: http://www.hrsdc.gc.ca/eng/seniors/funding/pilot/index.shtml</p>			
<p><u>Goodlife Kid's Foundation – Grant Program 'Promoting Active Living for Kids'</u></p>			
<p>Does your organization provide opportunities for kids to benefit from an active life? Are you offering a sustainable physical activity program for kids ages 4 to 14 that will positively impact their present and future activity levels? The GoodLife Kids Foundation is accepting requests for funding from registered charities and other qualified donees. Please review the Grant Program Criteria prior to completing the online application form. Grant Application Deadlines: January 31, 2014 & April 25, 2014 See: http://www.goodlifekids.com/grant-program/granting-program/</p>			
<p><u>Inter-Action Multiculturalism Grants and Contributions Program</u></p>			
<p>Administered by Citizenship and Immigration Canada (CIC) the Program supports CIC's mandate, as well as the Canadian Multiculturalism Act, by assisting in the socio-economic integration of individuals and communities and helping them to contribute to building an integrated and socially cohesive society. The Inter-Action Events stream provides funding, normally in the form of grants, to community-based events that foster intercultural or interfaith understanding, civic memory and pride or respect for core democratic values. The primary intention is to create concrete opportunities for interaction among cultural and faith communities. See: http://www.cic.gc.ca/english/multiculturalism/funding/events.asp</p>			

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)

[RBC After School Grants](#)

We want the learning to continue after the school bell rings. Since 1999, we have committed millions of dollars to after school programs across Canada that provide a safe environment where kids can develop social skills and self-esteem.

<http://www.rbc.com/community-sustainability/apply-for-funding/guidelines-and-eligibility/after-school-grants.html>

[Healthy Schools Grants](#)

Two types of grants: Healthy Living Activity Grants \$200 to support healthy living goals and student-centered actions within schools and \$500 Healthy Living Inquiry Grants to support healthy living inquiry-based projects with students. Apply from October 1st, 2013 to March 1st, 2014. See: <http://www.healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-schools-grants.aspx>

[ParticipACTION Teen Challenge](#)

The ParticipACTION Teen Challenge allows teens to come up with innovative ways to get active, and then provides micro-grant funding, called Teen Physical Activity Grants, to registered community organizations to support teens' physical activity programs. If you are part of a community organization, recreational facility, or a school that can support a teen physical activity program, consider being a part of the ParticipACTION Teen Challenge. <http://www.participaction.com/teen-challenge/>

Join the network & be a part of healthy change!

The Alberni Clayoquot Health Network is a mechanism for citizens working and living in the regional district to come together and speak with a collective voice on health issues and share ideas and resources to build healthy sustainable communities. Everyone is Welcome! How can you participate? It's simple! Email and ask to join our network list: slyle@acrd.bc.ca 'Like' us on Facebook & receive on our ongoing newsfeed. Attend our meetings and regional sponsored events. Send us your news & we'll share it! Contact Us! Tanis Dagert, Network Coordinator tanisd@live.ca (250) 668-5159 or Shelli Lyle, Admin Assistant, slyle@acrd.bc.ca (250) 720-2700